

# A Comparison of Fat in Grams, Calories, and % Calories as Fat in Selected Cuts of Beef

<b>Serving Size: 3 ounces, cooked and trimmed of removable fat, unless otherwise indicated.</b>	<b>Fat (g)</b>	<b>Calories</b>	<b>% Calories as Fat</b>
Beef, top round, broiled (select)	4.6	156	26
Beef, eye of round, lean only, roasted (select)	5.1	151	30
Beef, shank, crosscuts, simmered (choice)	5.4	171	28
Beef, top round, broiled (choice)	5.5	165	30
Beef, eye of round, lean only, roasted (choice)	5.7	156	33
Beef, tip, roasted (select)	5.7	156	33
Beef, top loin steak, broiled (select)	6.4	162	36
Beef, short plate, simmered, drained	6.5	169	35
Beef, tip, roasted (choice)	6.6	164	36
Beef, wedge-bone sirloin steak, broiled (select)	6.6	170	35
Beef, eye of round, lean only, roasted (prime)	7.0	168	38
Beef, tenderloin (filet mignon), broiled (select)	7.1	167	38
Beef, chuck arm roast, lean only, braised (select)	7.1	184	36
Beef, bottom round, braised (select)	7.4	182	36
Beef, wedge-bone sirloin steak, broiled (choice)	7.7	180	38
Beef, bologna, 1 medium slice (1 ounce)	8.0	88	82
Beef, top loin steak, broiled (choice)	8.0	176	41
Beef, boneless chuck for stew	8.1	182	40
Beef, tenderloin (filet mignon), broiled (choice)	8.2	176	42
Beef, bottom round, braised (choice)	8.5	191	40
Beef, T-bone steak, broiled (choice)	8.8	182	44
Beef, loin, porterhouse steak, broiled (choice)	9.2	185	45
Beef, rib, broiled (select)	9.6	181	48
Beef, rib eye (Delmonico) steak, broiled (choice)	9.9	191	47
Beef, rib, broiled (choice)	11.5	198	52
Beef, chuck blade roast, lean only, braised (select)	11.6	218	47
Beef, flank, London broil, braised (choice)	11.8	208	51
Beef, hamburger, single patty, plain	11.8	275	39
Beef, chuck blade roast, lean only, braised (choice)	13.4	234	52
Beef, ground, extra-lean	13.7	213	58
Beef, ground, lean	15.6	227	62
Beef, wedge-bone sirloin steak, untrimmed, broiled (choice)	15.7	240	59
Beef, rib, broiled (prime)	15.9	238	60
Beef, frankfurter, large (2 ounces)	16.0	179	80
Beef, brisket, corned beef	16.1	213	68
Beef, chuck blade roast, lean only, braised (prime)	17.5	270	58
Beef, ground, regular	17.8	244	66
Beef, hamburger, double patty with condiments (7.5 oz.)	32.0	576	50

*To figure out how many calories come from fat, multiply the number of grams of fat by nine.*

*Source: USDA Handbook 8-13 and 456, [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)*

# A Comparison of Fat in Grams, Calories, and % Calories as Fat in Selected Cuts of Meat and Poultry

<b>Serving Size: 3 ounces, cooked and trimmed of removable fat, unless otherwise indicated.</b>	<b>Fat (g)</b>	<b>Calories</b>	<b>% Calories as Fat</b>
Chicken, roaster, light meat w/o skin (roasted)	3.5	130	25
Chicken, broiler/fryer, light meat w/o skin (roasted)	3.8	147	23
Chicken, roaster, dark meat w/o skin (roasted)	7.4	151	44
Chicken, broiler/fryer, dark meat w/o skin (roasted)	8.3	174	43
Chicken, drumstick, meat & skin, fried with batter	11.3	192	53
Lamb, leg, lean only (roasted)	6.5	162	36
Lamb, loin chop, lean and fat	20.0	262	69
Pork, sausage, 1 link (13g weight)	4.1	48	77
Pork, fresh, loin tenderloin, lean only (roasted)	4.9	141	26
Pork, sausage, 1 patty (27g weight)	8.4	100	76
Pork, fresh, leg ham, lean only (roasted)	9.4	187	45
Pork, fresh, loin, lean only (braised)	12.4	232	48
Pork, spareribs, lean and fat (braised)	25.7	338	68
Turkey, light meat, without skin (roasted)	2.7	133	18
Turkey, dark meat, without skin (roasted)	6.1	150	34
Turkey, light meat, with skin (roasted)	7.0	167	38
Turkey, dark meat, with skin (roasted)	9.8	188	47
Veal cutlet, round lean only (roasted)	2.9	127	20
Veal, loin chop, lean only (braised)	7.8	192	36

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